

GOOD HEALTH WEEK

Spring Is the Great Tonic Season

"Spring fever" is in the air. We all have touches of it--all feel the need of a general "toning up." For this purpose nothing is better than the "orange habit." Eat "Sunkist" Oranges at breakfast time. Eat them during the day, and at bed time. "Sunkist" Oranges are the finest grown. Doctors all agree that orange eating at this time is one of the grandest of health boons. Great trainloads of "Sunkist" Oranges are now being distributed throughout this entire section. You'll find them on special sale at your dealer's all during Good Health Week.

Physicians Recommend the "Orange Habit"

In the old days physicians assumed a sphinx-like attitude on all matters pertaining to health and disease unless specially "called in." Now we find them seemingly as deeply interested in simple, every-day preventive measures, long walks, deep breathing, golf, and making dietary recommendations of a nature to tempt the average man or woman to try them out.

The wonderful health value of oranges is a matter on which the representatives of all schools of medicine are agreed. They assert that orange juices are highly efficacious as an aid to digestion, and this opinion is confirmed by the reports of the California Orange Growers, which show an increasing demand for the rich, juicy, full-flavored oranges of that state.—The American Optimist.

Oranges for the Complexion

Two years ago a club of twenty-five women was formed to make a test of the health-giving value of oranges. The best quality of oranges were invariably eaten and the results were uniformly beneficial. This was quite apparent in their improved complexions. Some of them said that in addition to eating oranges they had made it a practice to squeeze the juice of a lemon into a tumbler of water and drink it the first thing in the morning. These women are uniformly enthusiastic over their experiment and are firmly convinced that by freely eating oranges and drinking lemon juice from time to time, the liver is kept in perfect condition—and of course a perfect-functioning liver is the secret of a good complexion.—Special Correspondent Health Advocate.

Oranges for Grippe

If people only half realized what an exceedingly valuable medicinal food they have in the orange, the crop of California, vast as it is, would all be consumed on the Pacific Coast, leaving none for shipment east of the Rocky Mountains. Any one who makes a practice of partaking freely of citric acid, eating at least three oranges a day—morning, noon and at night—taking a little lemon juice in water between times, need fear no epidemic of grippe or other disease.—The Family Physician.

Beginning Monday, MAY 3rd

Treat yourself and every member of your family to this choicest of Spring tonics, and see how much better you'll all feel

Fresh-Picked "Sunkist" Oranges for Everybody

"Sunkist" Oranges are grown in the most highly cultivated orange groves in the world--the orchards of 5,000 California orange farmers.

They are tree-ripened, hand-picked, full-flavored, seedless and deliciously juicy. Don't let your dealer disappoint you by selling you "something just as good."

Know for yourself exactly what "Sunkist" oranges are.

To make sure that you are getting this famous fruit, look for the "Sunkist" label at the end of the box. Eat "Sunkist" Oranges and learn just why thousands of people insist on having them in preference to all others.

As a "health hint" it may be noted that "Sunkist" Oranges are to be found on the tables of many of the best physicians, morning, noon and night.

Keep "Good Health" week in mind. Eat "Sunkist" Oranges and enjoy good health.

"Sunkist" Lemons

"Sunkist" Lemons are of the same high quality as "Sunkist" Oranges. Grown by the same California farmers. Specially thin-skinned and extremely juicy. Lemons that are allowed to grow wild are dry and pithy. Many of them yield less than one-half as much juice as these cultivated--mostly seedless--"Sunkist" Lemons.

The Lemonade season is at hand. "Sunkist" Lemons are the lemons for lemonade. Most economical because most juicy. Always lowest in price.



"SUNKIST" ORANGES FOR HEALTH

The Livest Fruit Jobbers in the Central West. We Sell to Dealers Only

THE STONE PRODUCE CO.

TOPEKA, KANSAS.

If You Want the Sunkist Quail Brand Lemons, We Have Them.

The Stone Produce Co. is the Exclusive agent in Topeka for the famous Sunkist Oranges and Lemons, handling from two to three car loads a week.

Ask Your Grocer

Look for the "Sunkist" Label
On the end of the box

TO WORK AT ONCE

Operations on New Park to Commence Very Soon.

Expected That City Council Will Approve Plans.

SOUTH PART OF CITY.

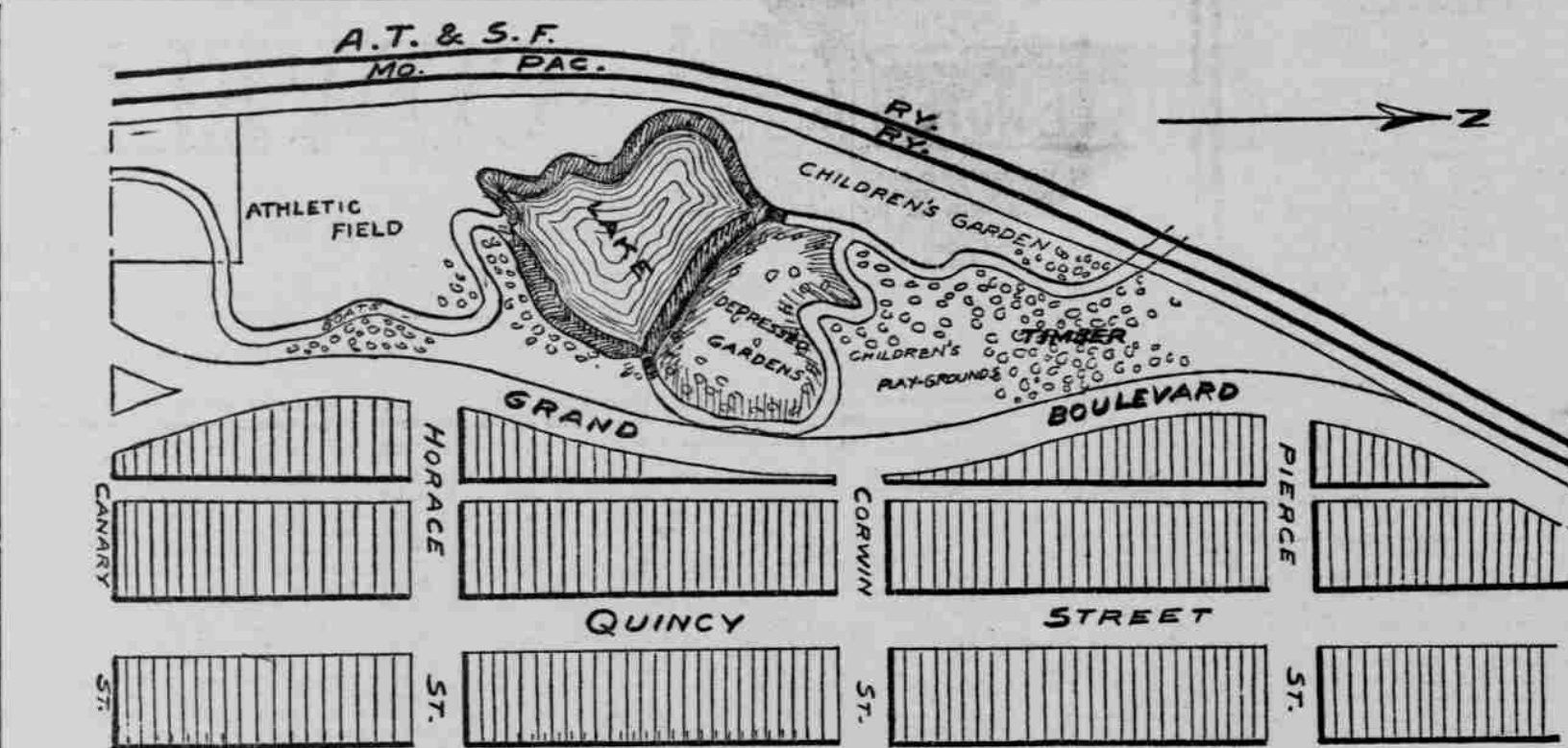
Rickenbach Park Will Accommodate New District.

A Map Showing Plans Approved by Park Commissioners.

At a meeting of the city council Monday night the final decision on the acceptance of the Rickenbach tract of fifteen acres of park land for city use will be rendered. This matter has been hanging over the chasm between the city council and the park board for some time. It is of advantage to Mr. Rickenbach and to the city that it be settled at once. Spring is here and this is the only time to commence on the growing improvements.

Mr. Rickenbach's proposition to the city is this--just south of the city there is a tract of land that the owner desires to set out into city lots. Near this land is a large creek enclosed with a thick growth of trees. Mr. Rickenbach proposes to deed this land to the city for park purposes--providing the city will survey the town lots and spend as much money on the park every year as is spent on other city parks.

The matter was investigated some time ago by the mayor, the city engineer, the street commissioner and a number of the councilmen who drove out to the park and spent an afternoon there getting a line on the lay of the land and picking out the good points. At this time the impression of the woods and water for park purposes



The Proposed Improvements to the New Rickenbach Tract.

was very favorable to the councilmen and the city officials. A streets and walks committee meeting the night after sent a recommendation to the council advising that the proposition be accepted at once.

However, there were still a number of the more pensive in the council and to test the strength of the accommodation with time it was decided to first refer it to the park board and then back to the city council. The park board had favored the plan originally and now they have favored it in writing--at least it is expected that in writing form will be handed to the city clerk some time today.

If the park board favors all of the plans suggested by Mr. Rickenbach in writing and the matter is presented in this manner to the city council the friends of the new park will come to its rescue and push it through to the finish.

In case this happens the city engineering force will lay out the lots at once, the new boulevard will be constructed along the edge of the park and the preliminary work on the opening of the park proper will commence.

At the present time the park is naturally a beautiful spot--it will take very little work to make it the prettiest resort in Topeka. Everything has been carved out by nature and the only work required to make it satisfactory for park purposes is to introduce a few modern improvements and a number of modern fixtures.

The map accompanying this article will show the exact location of the land

and the ideas of the park commissioners and Mr. Rickenbach in making the improvements. The park is located south of the city just south of Twenty-first street and west of Quincy. These two boundaries are augmented by the Missouri Pacific and Santa Fe tracks on one side and the broad prairie land on the other. When the paving for this year is finished it will run to within two blocks of the park on the south.

The above map will show the improvements which will undoubtedly be made in case the matter is accepted. On the extreme south is a low level piece of land surrounded on three sides by the broad wooded creek. This has been proposed as an athletic field. It is

a well known fact that the Topeka high school and other city institutions have no place whatever to place their athletics. It is thought that this place can be made into an excellent baseball, football and track field. There is plenty of space and the soil--also the surrounding land is peculiarly adapted to such a course. Bleachers and grandstands could be built right up against the surrounding high banks, making an amphitheater effect to the grounds. There is ample room for all sorts of athletic games. In the corners of the field there is an excellent place for tennis courts and the like. A six hole golf course could be constructed and laid out over the whole if so desired.

Just north of the athletic field it is proposed to flood the low land for a large five acre lake. There is a piece of low ground down between the two branches of the creek and with very little grading and the erection of a spillway--a clear fresh water lake could be dammed. The creek itself is fed by springs and the water in the lake would always be clear and fresh--especially with the spillway on the north-east corner. A large bath house would be very appropriate in this position.

From the lake the creek takes the center of the park and flows in a winding course to the north. The west branch comes around and joins the main spillway a few hundred feet from the lake. This can be seen by the map. In the space surrounded by the creek and the lake it is planned to plant a series of depressed gardens. The high banks around this garden giving a

broad view over the scene would make a beautiful place for such growth. The soil is excellent and would promote the best of cultivated flowers.

East of the creek and west of the tracks would be planted a children's garden. The proximity to the tracks will not make this a dangerous place because there is a deep draw between the two. Ample protection will be made to guard the connections between the park and the tracks. The children's playground as drawn in the map will be one of the most beautiful places in the whole tract. This ground is a gentle slope toward the creek. The grass is rich and beautiful--in fact it would be unnecessary to improve this stretch a particle. It slopes from the Drive and

LAZY LIVER

"I find Cascarets so good that I would not be without them. I was troubled a great deal with torpid liver and headache. Now since taking Cascarets Candy Cathartic I feel very much better. I shall certainly recommend them to my friends as the best medicine I have ever seen."

Anna Babinet,
Osborn Mill No. 2, Fall River, Mass.

Pleasant, Palatable, Potent, Taste Good, Do Good. Never Sickens, Weakens or Gripes. 25c, 50c. Never sold in bulk. The genuine tablet stamped C.C.C. Guaranteed to cure or your money back.

CLEANING AND PRESSING

Ladies' and Gentlemen's clothing made to look like new.
A. W. VOGEL Successor to Roediger & Son
CLEANING AND REPAIR WORKS
Work Called for and Delivered.
Office and Store: 820 Kansas Avenue, Topeka, Kansas
Independent Phone 957

CABALIST 2:19 1/4

Full brother to Early Reaper 2:09 1/2, I live 2:11 1/4, and Gentle Lady 2:16 1/4
The Best Bred and Best Individual Trotting Stallion in Kansas.
Sired by Highwood, 2:21 1/4, by Nutwood, 2:18 1/4, by Belmont 64. First dam Atalanta (great brood mare), by Alcibiades, 2:28; second dam Starling (great brood mare) by George Wilkes, 2:28; third dam Jessie Pepper (great brood mare), by Mambrino Chief II.
Terms, \$25 to insure. Will be found at the Topeka Fair Grounds during the season of 1909. Write for full breeding or phone Independent 1618.
R. H. BURR, 215 East Sixth St., Topeka, Kan.

MACK HENRY RACE RECORD 2:16

Chestnut horse, 16 hands high, weight 1,250 lbs., sire of Bonnie Mac 2:13 1/4, Alice Mac, 2:23 1/4 and Rose L. trial 2:20, sold in Madison Square Garden for \$1,500.
Mack Henry will make the season, in the north wing of the big barn at the Fair Grounds. Terms: \$25 to insure. Write for full breeding or phone Ind 2234--red. D. O. Orr, 1783 Buchanan st., Topeka, Kan.

Carriage Repairing

Painting, Trimming, Rubber Tires



T. F. LANNAN
Southeast Cor. Fifth and Jackson Streets

close to the entrance. The board of park commissioners declare it the finest location near the city. It is up to the city council to make use of the chance.

Baseball Phone.
The State Journal has a special baseball telephone. For all baseball information, scores, etc., call independent phone No. 818.

For Headaches

Caused by sick stomach, ill-regulated bile, sluggish bowels, nervous strain or overwork the safest and surest remedy is

BEECHAM'S PILLS

Sold Everywhere. In boxes 10c. and 25c.